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DAY 3 OF METRO'S LOOK AT IMMIGRATION: NEWCOMERS BAND TOGETHER TO CREATE SUPPORT NETWORKS PAGE 5

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The director of operations of Siloam Mission points to the success of the Madison as an example of why "housing first" participants should be housed together. SHANE GIBSON/METRO

Homeless helped by 'housing first' approach: Report

Key social component. Siloam Mission director says more can be done, including housing participants together

SHANE GIBSON
shane.gibson@metronews.ca

The results of a five-year national project studying the "housing first" approach of combating homelessness shows the idea works well, but the director of operations at a Winnipeg shelter says the study lacked a key social component.

A report released Tuesday into the massive At Home/Chez Soi pilot project shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions of the country over a two-year period, simply by having been given a place to live while receiving treatment.

While Dan Maxson from Siloam Mission agrees with the strategy — it's very similar to what the shelter has already been doing at the Madison in Wolseley for the last year — he is concerned the pilot saw participants scattered in separate dwellings. With what he's seen at the Madison, Maxson thinks participants can benefit more from being housed together.

"The success rate (at the Madison) is around 70 per cent … and we couldn't do that if those 85 people were scattered into 85 different houses around Winnipeg," he said. "The social component is huge — it contributes to their mental health and helps build community.

Local focus

Results specific to Winnipeg's homeless will be released in the coming weeks.

"I'm glad that people are taking housing seriously, but we think there's more work that can be done."

The study was started in 2008 following a $110-million investment from the federal government and took place in five Canadian cities, including Winnipeg.

Dr. Jino Distasio from the University of Winnipeg's Institute of Urban Studies was one of the study's principal investigators in the city, and now that the report has been made public he said the next step is to get all levels of government on board to fund more initiatives.

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NEWS 1

Erin Selby. Minister sorry for infant deaths remarks

Manitoba's health minister has apologized for remarks she made last month about infant deaths in the 1990s.

Erin Selby says she did not intend to make families relive the tragedy, and for that, she is sorry.

The Opposition Progressive Conservatives are not satisfied, and accuse Selby of apologizing only after two weeks of pressure.

Selby came under fire for comments at a legislature committee last month regarding the deaths of 12 infants in a cardiac surgery program at a Winnipeg hospital.

Selby said the former Tory government allowed the babies to die. THE CANADIAN PRESS

Should Selby resign?

A grandmother of one of the infants says Selby reopened old wounds, and should resign.

Potholes. Bad roads putting patients at risk: Paramedics

Manitoba paramedics say crumbling roads are putting patients at risk, with gaping potholes making it difficult to perform medical procedures and forcing detours en route to hospital.

Eric Glass, administrative director of the Paramedic Association of Manitoba, said he hears complaints from his colleagues daily about the poor state of the province's roads.

"It certainly makes it difficult to try to ensure our patients are comfortable and, at times, can impede some of the procedures that we want to carry out in the back of an ambulance," Glass said.

The NDP hiked the provincial sales tax last summer and has promised to spend that new revenue on roads and bridges. THE CANADIAN PRESS

Transportation

About 150,000 patients are transported by ambulance yearly in Manitoba and more than 10,000 are taken from rural hospitals into Winnipeg.

Councillor wants decision on Canada Games legacy

'Dithering'. Motion asks city staff for report on how to spend $3M

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The debate over how to spend millions of dollars for a Canada Games 2017 legacy project needs a kick-start, said a Winnipeg councillor.

Coun. Brian Mayes said he'll be introducing a motion at next Monday's protection and community services on the $3 million planned towards a legacy project.

The total cost for Winnipeg's Canada Games is estimated at $26 million, which includes $3 million from each level of government (provincial, federal and municipal), $9 million from the private sector, and ticket and merchandise revenues.

"The city, in my view, has been dithering a bit on what it would like to see as the major legacy project, so I want a report on that," he said earlier this week.

"My own preference is for the Sport Manitoba building, the addition that's going in down here (in downtown)."

Last November, Jeff Palamar, chair of Sport Manitoba, told a city committee that his organization had secured $12.6 million for the construction of the $18-million Sport for Life Centre, which will be an 800,000-square-foot training centre/fieldhouse.

Mayes said the federal and provincial governments are supportive of the Sport for Life project.

"It's going to be a big addition to the downtown area, I mean, heck, I'd love to have something in St. Vital, but I think they've certainly got a good philosophy both for elite athletes and for the kids in the neighbourhood," Mayes said, adding that he's still open to other ideas.

The Sport Manitoba building is undergoing renovations for the Sport for Life Centre. BERNICE PONTANILLA/METRO

Teen in hospital

Arrest made in Manitoba Ave. shooting

Police have arrested a 20-year-old man in connection to Monday's shooting in the North End that sent a teen to hospital in critical condition.

The 17-year-old male victim and another male were in a home in the 600 block of Manitoba Avenue when two other men forced their way in around 2 p.m.

The victim was shot in the upper body. The other man was not injured, and the victim's condition has since improved to stable.

One suspect was arrested just after 11 p.m.

Jordan Joseph Owen, 20, of Winnipeg is facing a number of charges.

Police continue to investigate and anyone with information is asked to call 204-986-6219 or Winnipeg CrimeStoppers at 204-786-TIPS. METRO

'Election Buzz'

Civic election hits social media

The City of Winnipeg is going digital for the upcoming civic election, launching official Facebook and Twitter pages on Tuesday, in addition to a previously announced app for smartphones.

The two social media pages will be accessible through the 'Election Buzz' link on the app, which includes information on who can vote, ID requirements, candidates, and a frequently asked questions page about how to vote.

Visit www.winnipeg.ca/2014election for more info. BERNICE PONTANILLA/METRO

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Growing organs is like 'making a cake'

London. Scientists successfully grow body parts for transplant

In a north London hospital, scientists are growing noses, ears and blood vessels in a bold attempt to make body parts in the laboratory.

It's far from the only lab in the world that is pursuing the futuristic idea of growing organs for transplant. But the London work was showcased Tuesday as Mayor Boris Johnson announced a plan to attract more labs to do cutting-edge health and science research in the area.

While only a handful of patients have received the British lab-made organs — including tear ducts, blood vessels and windpipes — researchers hope they will soon be able to transplant more body parts into patients, including what would be the world's first nose made partly from stem cells.

"It's like making a cake," said Alexander Seifalian, the scientist leading the effort. "We just use a different kind of oven."

Dr. Michelle Griffin, a plastic surgeon who has made dozens of ears and noses in Seifalian's lab, said that children requiring new ears "have to go through a really invasive procedure involving taking cartilage from their ribs." She added they plan to eventually create an entirely synthetic face but must first prove their polymer scaffolds won't accidentally burst from the skin.

Seifalian hopes lab-made organs will one day be available for a few hundred dollars. "If people are not that fussy, we could manufacture different sizes of noses so the surgeon could choose a size and tailor it for patients before implanting it," he said.

"People think your nose is very individual and personal but this is something that we could mass produce like in a factory one day," he said. THE ASSOCIATED PRESS

Dr. Michelle Griffin, a plastic surgery research fellow, poses with a synthetic ear at her research facility in London. MATT DUNHAM/THE ASSOCIATED PRESS

Emotional Pistorius testifies in courtroom

A subdued Oscar Pistorius on Tuesday described dinner at home, chatting and looking at cellphone photos with Reeva Steenkamp on the last night of her life. Then he erupted in anguished howls and heaving sobs while testifying at his murder trial about the moments when he says he realized he shot his girlfriend through a closed toilet door.

The spectacle of what appeared to be a tormented man highlighted the drama of the runner's inspirational rise and sudden fall. The South African double-amputee captured the world's attention when he successfully fought for permission to run in the 2012 Olympics on his prostheses. The next year, he was facing charges for killing the woman he said he loved.

The court in Pretoria, the South African capital, adjourned because of the athlete's breakdown.

"I sat over Reeva and I cried," Pistorius said, telling how he broke open the stall door in his bathroom in the early hours of Feb. 14, 2013 to discover his bloodied girlfriend.

Oscar Pistorius' sister Aimee, right, cries as he testifies in court. KIM LUDBROOK/THE ASSOCIATED PRESS

Pistorius said in statements that he shot Steenkamp after mistaking her for an intruder in his bathroom. The athlete said he felt fearful and vulnerable as he moved to the bathroom, walking only on his stumps.

The 27-year-old Olympian faces a life sentence with a minimum of 25 years before parole if convicted. The judge will deliver the verdict because South Africa does not have a jury system.

Earlier Tuesday, Pistorius denied three other charges against him relating to firing a gun in public on two occasions.

He said he wasn't to blame for a shot going off in a busy restaurant because a friend handed him an "unsafe" gun.

Pistorius left the packed courtroom briefly at one point to change out of his dark suit and into a white shirt and shorts, similar to the clothes he was wearing when he killed Steenkamp.

Prompted by his lawyer, Pistorius took off his prosthesis and stood on his stumps by the bullet-marked toilet door. It appeared to be an effort by the defence to illustrate what they describe as the Olympian's vulnerability at the time of the shooting. THE ASSOCIATED PRESS

Irish visit full of symbolism

Irish President Michael D. Higgins walks alongside Britain's Queen Elizabeth II at Windsor Castle on Tuesday. Higgins marks Ireland's first official visit to Britain since its independence, a symbolic gesture for the two countries with a troubled history. PETER MACDIARMID/THE ASSOCIATED PRESS

Protests

Tensions rise in eastern Ukraine

Ukraine's government struggled to stay in control of the country's eastern regions as tensions flared Tuesday in three cities.

While the government managed to recapture its regional headquarters and detain dozens of pro-Russian protesters in one city, it said "radicals" were keeping 60 people hostage and threatening them in another city.

Earlier Tuesday, authorities regained control over a government building in Kharkiv. Protesters were evicted and dozens detained. In Donetsk, a city further south, protesters dug in for their third day a regional headquarters they captured on Sunday before declaring a parallel government.

All three cities are in Ukraine's east, where hostility is strong toward the government that took power in February after the ouster of Kremlin-friendly President Viktor Yanukovych. THE ASSOCIATED PRESS

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Sit back, relax and let the wellness flow through you

IV league. Vancouver opens a posh new clinic where customers enjoy an intravenous dose of vitamin therapy

EMILY JACKSON
Metro in Vancouver

Patrons enjoy IV vitamin therapy at the IV Wellness Boutique in Vancouver. TWITTER: @THEIVWELLNESS

With leather reclining chairs, soft lighting, indie music and flat-screen TVs, passersby might mistake this Vancouver business for a typical lounge or spa.

But they do a double-take when they see plastic bags hanging from IV stands dripping fluids into customers' veins.

Welcome to the IV Wellness Boutique, the first dedicated intravenous vitamin therapy lounge in the city — and perhaps the country.

While naturopathic physicians around the world provide vitamin drips to help relieve ailments from stress to exhaustion to hangovers — Rihanna made them famous when she posted a picture of her "party girl drip" on Twitter in 2012 — the co-owners of this clinic believe it's the first with a social, spa-like atmosphere in Canada.

"We tried to take the clinical feel out of a clinic; we tried to make it really beautiful," naturopathic doctor Heidi Rootes said Tuesday. "We want people to feel comfortable and relaxed."

A typical 45-minute treatment costs $150 out of pocket, or covered under extended medical care plans. It must be administered by a physician or a nurse practitioner certified in the practice.

That may not seem relaxing for those who don't like needles, but "that's the biggest stigma, the whole idea of intravenous," said Rootes, who has administered the treatment for eight years.

Rootes and co-owner Robin Szakacs want to focus on health benefits including energy boosts and back-pain relief instead of the party cure, popular in Las Vegas, L.A. and Miami. (Not to mention in Europe and Asia, where vitamin drips have long been mainstream.)

What's in the solution?

- Sugar, saline or sterile water base
- Preservative-free vitamins, minerals and/or amino acids
- For example: vitamin C, B, calcium, magnesium (depending on the treatment)

"Sure, if you put anybody that's hung over and dehydrated on an IV they're going to feel better," Rootes said. "Sometimes I feel like that kind of cheapens what we're doing, but that's not our focus."

The risks are minimal, Rootes said. As with any needle, there's a risk of infection. People are pre-screened before treatment and the procedure is not recommended for those with kidney or heart disease.

Clientele include marathon runners, both before and after the race, people coming to and from yoga and 80-year-olds with diabetes.

Day of Pink

NOT JUST COLOUR COMMENTARY

MICHAËLLE JEAN
27th governor general and commander-in-chief of Canada, co-chair of the Michaëlle Jean Foundation

Four years ago, my 11-year-old daughter Marie-Eden came home from school and started telling me — fast-paced, enthusiastic as can be — about the Day of Pink campaign. "You know, Mom," she said, "I need to take action when someone is not being treated right. I need to act, even if I'm not the one directly affected."

Marie-Eden seemed to have understood everything: the damage of discrimination, the importance of standing up to bullying, how to take concrete action, to make a difference.

I was floored.

As you know, I grew up in Haiti, in a country "draped in barbed wire," to use the words of my uncle, the poet René Dépestre. Under the dictatorship of Papa Doc, my family taught me that indifference to the predicament of others was not an option; that having a social conscience was paramount.

And here was my child, now in Canada, teaching me the same lesson.

Since that time, I have participated in the Day of Pink and met the Jer's Vision team. I have seen the transformative power of their work. I have seen how children and teens have gained a vocabulary, new ways to act and new tactics to show solidarity with the vulnerable. The campaign is working. And that's why I believe in the urgent spread of this kind of intervention.

Bullying, harassment, prejudice and abuse are still rampant. Today, suicide is still the second-leading cause of death for people aged 10 to 24 in Canada — just behind accidents. And it remains the leading cause of death among sexual-minority youth.

That is why I have chosen to work through the Michaëlle Jean Foundation on what we have dubbed the 4th Wall Youth Solidarity Project. With the Art Gallery of Ontario, Jer's Vision and 50 human rights and health organizations, we are encouraging Canadians to show vulnerable youth from Canada's Two-Spirit and LGBTQ communities that they are not alone; that we care; that we want them to feel included.

Six lucky young artists will be awarded a cash prize, a free trip to Toronto and an opportunity to have their work featured in a high-profile exhibition at the Art Gallery of Ontario, to mark World Pride 2014.

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See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Nations within a nation

The First Filipino Baptist Church of Toronto is a key gathering spot for the rapidly growing Filipino community in Canada's largest city. DAVE STARRETT/FOR METRO

The Story of Us
Immigration in Canada

Immigrants banding together. Tight-knit communities offer support to new arrivals

DAVE LANGFORD
Metro in London, Ont.

Cely Velez was 39 when she came to Toronto in 1997, leaving her home in the Philippines behind.

"My mom is here and she was not that young anymore," Velez said, adding that her lone sister lives in California with six children. "So for me, I wanted to be the one responsible for my mom's care."

Velez is the business administrator at the First Filipino Baptist Church of Toronto. Sitting in the heart of the city with a congregation of about 410 people, the church is a focal point for Toronto's burgeoning Filipino community — the fastest growing enclave of immigrants in the nation, one expert said.

Dr. Sandeep Agrawal, a specialist in ethnic enclaves at the University of Alberta, said recent years have seen a big influx of immigrants from the Philippines, "even superseding (those from) India and China."

A 2011 National Household Survey showed 662,600 persons of Filipino descent now live in Canada.

Agrawal said the Filipino enclave is replacing one of Canada's oldest communities — the Jewish enclaves in central Toronto.

Dr. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, said there are two dimensions to ethnic enclaves.

The first is a "residential concentration of people" and the other is a combination of various facilities, commercial establishments and churches, which together comprise an ethnic enclave.

"The most concentrated residential groups are Jews and then Italians and then Portuguese," Qadeer said.

Ultimately, the communities within communities help more established immigrants support those who are newer to Canada.

Velez falls into the second category of enclaves — her work and personal life both revolving around the First Filipino Baptist Church.

"It's always church-related events," Velez said. "We usually go into each other's homes. That's very, very important for us."

Community

Enclaves booming in Canada

Call it Little Italy, Chinatown or Little Manila.

No matter the name, ethnic enclaves are important to the immigrant communities they support — and the cities they're in.

For the cities themselves, traditionally large urban ones like Toronto and Vancouver, enclaves help bring in tourists looking for an authentically exotic bite or a first-hand brush with another culture.

And, in many cases, those same tourists help newcomers succeed by frequenting the businesses where they work.

"Enclaves are very lively and they help support immigrant life in a number of different ways," said Dr. Sandeep Agrawal, from the University of Alberta.

In recent years, enclaves have started branching into the suburbs of major cities, and most of Canada now has enclaves of various shapes and sizes.

If you ask Agrawal, there's no real downside to that. But, enclaves have, in the past, been cast in a bad light.

A 2003 Statistics Canada report "measured ethnic enclaves as part of an isolation index, meaning those who live in enclaves are isolated and that enclaves are bad," Agrawal said.

A followup paper "debunked that myth," showing that the communities actually help people adjust and, eventually, thrive in Canada.

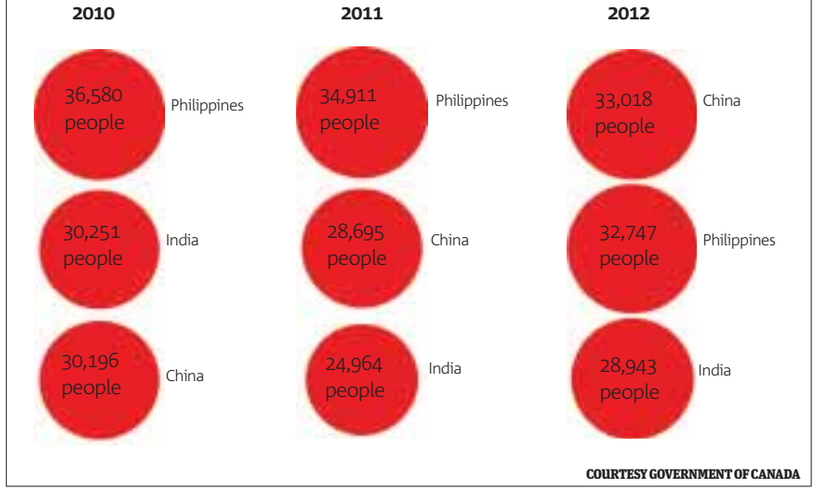
Another myth is that the words "enclave" and "ghetto" can be used interchangeably.

"Ghetto is an old word which is based on racial and economic exclusion," Dr. Mohammad Qadeer of Queen's University said. "A ghetto is also a large concentration of poverty.

"Enclaves are not ghettos."

DAVE LANGFORD/METRO

Where we come from



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Change and effect

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Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

U.S. Drugmaker hit with $9B penalty over diabetes medicine linked to cancer

A U.S. jury ordered Japanese drugmaker Takeda Pharmaceutical Co. and its U.S. counterpart, Eli Lilly and Co., to pay $9 billion US in punitive damages over a diabetes medicine linked to cancer. The drug companies said Tuesday they will "vigorously challenge" the decision.

The U.S District Court in western Louisiana ordered a $6 billion penalty for Takeda and $3 billion for its business partner and co-defendant Eli Lilly. It also ordered $1.5 million in compensatory damages in favour of the plaintiff.

The legal fight turned on whether Actos, which is a drug used to treat Type 2 diabetes, caused a patient's bladder cancer and by implication was responsible for other cases of the cancer. THE ASSOCIATED PRESS

IMF forecast. Canada's economy has some bright spots amid the grey clouds

The International Monetary Fund has again upgraded its projection for Canada's economy, but the latest outlook shows it is far from sold on the country's underlying fundamentals.

"Downside risks to the outlook still dominate, including from weaker-than-expected exports resulting from competitive challenges, lower commodity prices and a more abrupt unwinding of domestic imbalances," it warns."Indeed, despite the recent moderation in the housing market, elevated household leverage (debt) and house prices remain a key vulnerability." THE CANADIAN PRESS

'Chicken cup' cracks $36 million

The Meiyintang "chicken cup" from the Chinese Ming Dynasty at a press conference in Hong Kong Tuesday. THE ASSOCIATED PRESS

Something to squawk about. Small porcelain piece from Ming Dynasty lays record profit at Sotheby's auction

A Shanghai collector bought a rare Ming Dynasty cup that's touted as the "holy grail" of China's art world for $36 million US at a Hong Kong auction on Tuesday, smashing the previous world record price for Chinese porcelain.

Sotheby's said Liu Yiqian was the winning bidder for the small white cup, which measures just 8 centimetres in diameter and is more than 500 years old. The vessel is known as a "chicken cup" because it's decorated with a rooster and hen tending to their chicks.

It was made during the reign of the Ming Dynasty's Chenghua Emperor, who ruled from 1465 to 1487. Sotheby's said there are only 17 such cups in existence, with four in private hands and the rest in museums. THE ASSOCIATED PRESS

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50 more stores. Walmart ramps up growth in India after split with partner

Walmart says it will open 50 more wholesale stores in India over the next four to five years, adding to the current total of 20 in the country.

These stores, known as cash-and-carry outlets, cater to retailers, rather than to individuals.

Walmart also said Tuesday it plans to launch an online operation for cash-and-carry customers in India.

The world's largest retailer announced last October that it was splitting from its Indian business partner Bharti Enterprises and said it couldn't go forward with plans for its own retail stores in India because strict government regulations on sourcing from local small businesses make it impossible. Walmart's growth in India has also been hampered because of an internal bribery investigation that's making the discounter evaluate its practices abroad. THE ASSOCIATED PRESS

Walmart aims to open 50 more wholesale stores in India. GETTY IMAGES

American Airlines

Fly for free with miles ... sort of

If you use miles to get a free ticket on American Airlines, you may have to pay to check that suitcase.

American and US Airways announced changes Tuesday to their policies on checked-bag fees and redeeming miles for free flights. Passengers travelling on American on miles they earned or who paid full price for an economy seat won't get free checked bags anymore. THE ASSOCIATED PRESS

Copyright

Hollywood studios sue Megaupload

Hollywood studios are suing the defunct file-sharing website Megaupload and its founder, Kim Dotcom, claiming the website facilitated massive copyright infringement.

The lawsuit was filed Monday in federal court in Alexandria, Va.,seeking unspecified damages.

Megaupload and Dotcom already face criminal charges for copyright infringement. THE ASSOCIATED PRESS

Greenpeace

P&G changes palm oil policy after protests

The Procter & Gamble Co. has updated its policy on palm oil following high-profile protests by Greenpeace at its Cincinnati headquarters.

The world's largest consumer products company said Tuesday that it has adopted a "no-deforestation" policy for its palm oil supply. THE ASSOCIATED PRESS

Market Minute

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WE ARE DRIVEN TO DISTRACTION

JUST SAYIN'

Paul Sullivan
metronews.ca

Feeling foolhardy? Not taking enough risks? Looking for a death-defying experience?

Try texting while you drive. It could be the most dangerous thing you can do.

According to the CAA, you are 23 times more likely to be in a crash or near-crash compared with non-texting drivers.

Driving while texting is six times more dangerous than driving while intoxicated, according to the U.S. National Highway Traffic Administration Safety Administration; in B.C., where I live, there were 81 deaths in 2012 from distracted driving, compared to 55 from impaired driving.

I can keep throwing stats at you. But I should stop now and concentrate on my driving.

And so should you, if this morning's commute is any indication. Here's just a sample of the things we did in traffic today:

While travelling at least 60 klicks an hour, a woman in a Range Rover had the visor down and appeared to be putting on makeup while talking to her friend on her handheld. As far as I can tell, the Pomeranian in her lap was doing the driving.

A line of people stopped at the red light appeared to be deep in prayer, so deep that the light changed and nobody noticed. Their faces were bathed in a strange, blue glow.

Soccer mom policed a van-load of kids while talking on her handheld. Yikes.

And it was breakfast time in the fast lane: muffins, very hot coffee, lip-searing burritos and sandwiches, assorted Tupperware from home, apples oranges bananas, oh my.

Any one of these distractions has a well-documented effect on your attention span. Yet we continue to drive through a multi-tasking medley of contortions. Our cars do double duty as kitchens, bathrooms, media centres and bedrooms (pets included).

What's interesting is that with the exception of handheld devices, most of this nonsense is not cut-and-dry illegal.

"Excuse me ma'am, but that's a $167 fine for driving with a Pomeranian in your lap. You're lucky it wasn't a Great Dane …"

Nevertheless, it's dawning on governments that unless they do something soon, we won't make it through rush hour.

In British Columbia, which has some of the toughest drunk driving laws in North America, the attorney general is aghast that, with one third the population, it has more distracted driving deaths than Ontario.

Maybe that's because Ontario has already jacked up its distracted driving fine from $155 to $280. In an amusing touché, it goes to $500 if you contest it and lose, which should clear up a lot of nuisance court cases.

B.C. will probably raise its fines soon, and may even attach points to licences. Yet you have to wonder if enforcement is the answer. The province issued 51,000 tickets for distracted driving last year, but if this morning's circus on wheels is any indication, no one has noticed.

Their "minds" are elsewhere.

ZOOM

Seeing is revealing

COURTESY LIU BOLIN/SCREAM GALLERY

Artist blends into his surroundings

Glance at it and you'll see nothing remarkable, but take a closer look and you can spot the figure of a man standing in the background. Behold Liu Bolin, the globally-renowned Chinese artist gifted with the uncanny knack to use body paint to blend into any backdrop. His first solo exhibition in the U.K., The Heroic Apparition, is open at London's Scream Gallery until May 10. METRO

Artist's viewpoint

"Each one chooses his or her path to come in contact with the external world. I chose to merge with the environment."

Liu Bolin, 41, artist based in Beijing
At a recent TED conference, Bolin said: "By making myself invisible, I try to question the inter-cancelling relationship between our civilization and its development."

A silent protest against the state

While his camouflage technique speaks of eccentricity, Bolin's message behind his artwork is in fact solemn and political in tone — a "silent protest against the state" for Chinese authorities' crackdown on artists. "I am standing, but there is a silent protest, the protest against the environment for the survival, the protest against the state," he said in a statement.
METRO

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Subway ride gets riled by a rat

ANDREW FIFIELD
metronews.ca

Now, you may be tempted to dismiss the old saw that New Yorkers are a hardy bunch after watching this clip of a subway car packed with such supposedly indomitable souls losing their minds over a single wayward rat. But don't be so swift to judge. Because upon closer inspection, you'll notice that there isn't a single pant leg tucked into a single sock anywhere on this supposedly panic-filled car. We bet you don't feel so tough now. Those New Yorkers, man. Resolute.

GARY STEVENS/FLICKR

metro

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SCENE 2

See that symbol? It means you can scan the photo below with your Metro News app to see a Rio 2 trailer

Taken with a bird's-eye view

Feathers in filmdom's cap. Rio 2's macaw Tyler Blu latest bird to vie for a perch in Hollywood's avian pecking order

IN FOCUS
Richard Crouse
scene@metronews.ca

Tyler Blu Gunderson, voiced by Jesse Eisenberg, has his second big screen outing this weekend in Rio 2. CONTRIBUTED

Hollywood's two most famous birds must be Donald Duck and Woody Woodpecker. Between them they've starred in almost 300 films.

This weekend Donald and Woody are joined by Tyler Blu Gunderson, a rare male Spix's macaw, voiced by Jesse Eisenberg making his second big screen appearance in Rio 2. He's joined by a cast of fine feathered friends, including a yellow canary (Jamie Foxx), a rapping red-crested cardinal (will.i.am) and a sulphur-crested cockatoo (Jemaine Clement), as they leave their home in Rio de Janeiro for the Amazon rainforest.

The colourful co-stars in Rio 2 are animated, which makes them a much more agreeable lot than Tippi Hedren's castmates in her most famous movie. In the Alfred Hitchcock film The Birds, she plays a wealthy socialite visiting Bodega Bay in Northern California when hundreds of ravens, seagulls and pigeons begin viciously attacking the townsfolk.

Some of the birds were props, but many of them were all too real. Actors with ground meat and anchovies daubed on them to entice the birds escaped with nips and scratches but Hedren took the worst of it during the shooting of the movie's famous attic scene.

She had been told mechanical birds would be used in the sequence that sees her trapped in a small room while birds attack her. When she arrived at the shoot she saw a cage built around the set and realized the plan had changed.

For a week, real birds were thrown at her by stagehands. Pecked and scratched by birds attached to her by elastic bands she screamed and sobbed as one of them gouged her eye. It was such a traumatic sight, Cary Grant, who dropped by the set to say hello, said, "You're one brave lady."

It's no wonder Hedren chose Marnie, and not The Birds, as her favourite Hitchcock leading role.

As distressing as the shoot for The Birds might have been, the movie is now considered a classic.

That can't be said for a film inspired by Hitchcock's avian terror.

Birdemic: Shock and Terror director James Nguyen says the inspiration for his movie dates back to 2006 when he saw a flock of seagulls flying toward him at Half Moon Bay south of San Francisco. The sight reminded him of Hitchcock's film, but he thought, "What if I make a movie where instead of seagulls and crows, it's birds of prey? There's nothing more shocking than eagles and vultures."

The self-financed film took four years to finish and laid an egg in theatres before it became a cult hit as one of the worst film ever made.

When asked what Hitchcock would have thought of Birdemic, Nguyen told Empireonline.com, "I think Mr. Hitchcock would forgive a lot of its imperfections and say, 'James, you did what you could. Do another one and try to do it better.'"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ed Sheeran

Every girl crazy 'bout this ginger-haired man

Soft-spoken ginger singer-songwriter Ed Sheeran doesn't mind fans going nuts over him, even if he doesn't quite understand their passion. "I don't see myself as a sex symbol, but if other people do, I'm not going to complain,"
he tells Billboard magazine.

"I'm a singer that you never want to see shirtless. No one does! I haven't got a six-pack or pecs." When informed that there clearly are some Sheeran fans who would be up for him taking off his shirt, he shrugs. "To each their own," he says.

Katy Perry, left, and Lady Gaga

Do-uelling chanteuses flash locks in clashing chartreuses

So, slow gossip days mean round-ups of new celebrity hairstyles! We know, we know: This job *is* exciting.

First up, Maggie Gyllenhaal, who debuted a blonde pixie cut at the Cannes Film Festival on Monday night. The choice was a bit more conventional than Katy Perry's. She showed off her new 'do on Instagram Tuesday with the tag line "Slime green for spring, duh."

Speaking of green, Lady Gaga had a bit of the hue in her wild hair while closing down New York City's Roseland Ballroom on Monday night.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Perhaps LiLo should lie low and not go to Coachella with her mom

Lindsay Lohan insists she's back on the straight and narrow with her sobriety, despite slipping and having "one glass of wine" shortly after her last stint in rehab. But folks in her inner circle think her plans to attend the rowdy Coachella music festival in the California desert — especially with party-happy mom Dina Lohan along for the ride — is a terrible, terrible idea, according to Radar Online.

"Lindsay should not be going to Coachella. And having Dina with her isn't really making anyone feel comfortable that she will be a good chaperone. It's a big alcohol and drug festival and it is the last place that Lindsay should be," a source says.

"Lindsay swears that she'll stay sober, but Coachella is a huge party and there are going to be so many temptations for her. Everyone is really worried about her."

Kirsten Dunst

Kirsten rides into mother lode of controversy on knight in shining armour

Kirsten Dunst is causing a bit of an uproar with her thoughts about traditional gender roles. "I feel like the feminine has been a little undervalued," she tells the U.K. edition of Harper's Bazaar in an interview.

"We all have to get our own jobs and make our own money, but staying at home, nurturing, being the mother, cooking — it's a valuable thing my mom created. And sometimes, you need your knight in shining armour. I'm sorry. You need a man to be a man and a woman to be a woman. That's why relationships work."

The Word

Scarlett adds nickname insult to sexy inquiry injury

Whatever you do, never call Scarlett Johansson "ScarJo" to her face, as the Captain America: the Winter Soldier star can't stand the nickname.

"I associate that name with, like, a pop star," she tells Glamour magazine, saying that the nickname "sounds tacky. It's lazy and flippant. There's something insulting about it."

That's not the only grievance she airs in the interview, as Johansson also takes on the long-standing double standards of Hollywood for men and women.

"Actresses get stupid questions asked of them all the time, like, 'How do you stay sexy?' or 'What's your sexiest quality?' All these ridiculous things you would never ask a man."

METRO WORLD NEWS

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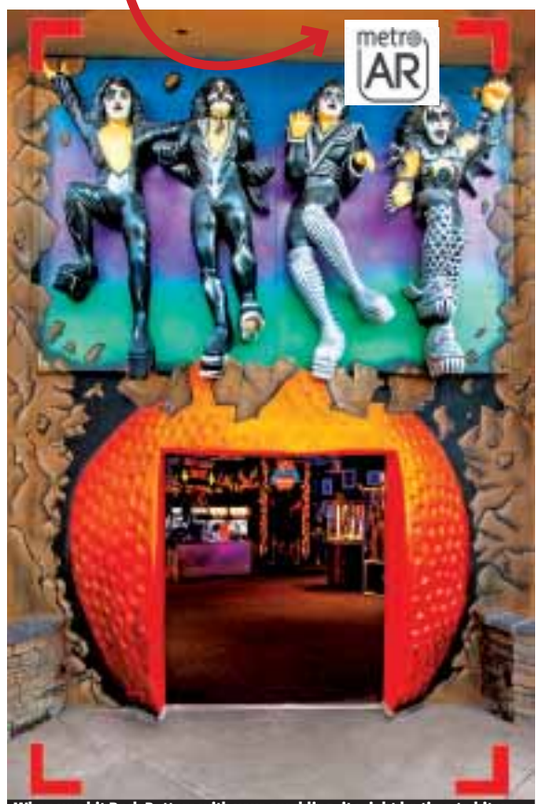
See that symbol? It means you can scan this image with your Metro News app to see a video of Kiss performing their song Detroit Rock City

LIFE 3

God gave rock 'n' roll to you

KISS gives you this. The painted rockers are getting inducted into the Rock and Roll Hall of Fame, so why not celebrate with a tour of some KISS-themed attractions?

STEVE GOW
life@metronews.ca



When you hit Rock Bottom with your gambling, it might be time to hit up the KISS-themed mini golf course in Las Vegas. CONTRIBUTED

On Thursday, one of the biggest rock acts in the world is finally being inducted into the Rock and Roll Hall of Fame. But if fans of KISS can't make it to Brooklyn's Barclays Center for the ceremony, not to worry — there are many other ways to honour the face-painted performers whose career has spanned four decades. Here are a few other innovative KISS attractions in North America:

Plaster Caster

Niagara Falls may boast brilliant views of one of the natural wonders of the world but if you want waxy replicas of relentless guitar gods, Rock Legends Wax Museum at the top of carnivalesque Clifton Hill presents plaster casters of KISS as one of its most sought-after spectacles.

Calling Dr. Love

There are countless wedding chapels in Las Vegas but only one offers a fire-breathing Gene Simmons impersonator to stand as your Sinister Minister. The Hotter Than Hell Wedding Chapel in Las Vegas features concert-atmosphere nuptials on a KISS replicated stage (complete with fog machines), concert ticket invites and a live webcast. Even the real Gene Simmons has popped in and joined newlyweds as a witness. Visit kissweddingchapel.com.

Walk the Rock

Sure, Grauman's Chinese Theatre in Hollywood is where fans can compare their handprints in cement with those of Tinseltown's biggest actors, but a few miles away at Guitar Center's Rockwalk on Sunset Boulevard, hard rock devotees can measure their mitts against their favourite KISS member. Step inside the Hollywood landmark and check out Paul Stanley's "Iceman" guitar and boots on display. Visit rockwalk.com.

Putt it Out Loud

Just when mini-golf couldn't get any more exciting, now at the KISS by Monster Mini Golf in Las Vegas, fans can play golf on a well-designed glow-in-the-dark 18-hole course while hits like Detroit Rock City blast over loudspeakers.

Who doesn't want to ace a hole-in-one by putting up the extended tongue of an enormous Gene Simmons head? Surprisingly, it's actually popular for kids' birthday parties. Check out monsterminigolf.com/kiss.

KISS even has their own Arena Football League team in L.A. CONTRIBUTED

Gods of gridiron

Earlier this month the team Los Angeles KISS debuted in the Arena Football League. Not just an incidental moniker, the squad is co-owned by Gene Simmons and Paul Stanley and they're not afraid to show it in uniforms designed with flames and the band's iconic logo. Games will even feature rock bands stoking up lulls in play ensuring that the Gridiron Gods of L.A. rock 'n' roll all night ... and party every game. See lakissfootball.com.

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How-to

Avoid pickpockets

Carry your wallet in a front pocket, with the opening facing down. 2. Be alert in busy areas. Pickpockets target train stations, bus stops, crowded street corners and street performances. 3. Be wary of diversions: If someone tries to get your attention or brushes up against you, make sure your hand is on your wallet. 4. Turn backpacks into frontpacks. 5. Carry handbags across your body or under your arm, with the flap facing your body. 6. "Snatch-and-grabs" are considered violent crimes. Just let them have it. **DOUG WALLACE/METRO**

Tool

Live your own Vegas movie

New app Suiteness sets you and your friends up for a Vegas weekend à la Hangover Part IV — or at very least for Facebook, in spite of the "stays in Vegas" adage. The app lets you book a high-roller, multi-bedroom suite with your buddies for the same prices you would pay for several regular rooms. You plug in your wants and needs (minus the bartender and the tiger) and Suiteness gets back to you within 24 hours with your options. Los Angeles, New York and Miami won't be far behind. **DOUG WALLACE/METRO**

Deals

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How Polkaroo put me on the right career path

From host to the most.
As TalentEgg.com launches its exciting Challenges platform, one Egger tells her own tale of working toward greatness

LEAH RUEHLICKE
TalentEgg.ca

TalentEgg contributor and friend to Polkaroo, Leah Ruehlicke.
CONTRIBUTED

When I was about 10 years old, I decided my goal in life was to be a TVO Kids host. Thirteen years, one university degree and 25 pairs of jeans later, this remained my life ambition.

So, after helplessly sending out resumé after resumé and putting in way too many hours into a job I couldn't care less about in order to pay those bills, I decided perhaps this was life's way of telling me to chase that dream.

I signed up to volunteer with Ontario public broadcaster TVO, and when they offered me a gig timing a ping-pong tournament with Polkaroo, I figured this was the breakthrough I had always been waiting for.

I went. I wore my bright green T-shirt with pride and ran that stopwatch like my life depended on it.

I smiled at people. I even talked to some — and in doing so I ended up meeting my current boss. Fast forward one year, and I'm happily employed in an industry I never thought I'd be in. I'm not a TVO Kids host — but in pursuing that dream my ambitions changed into something completely unexpected and even more exciting.

I now work somewhere that challenges me, inspires me and makes me think. And I owe it all to Polkaroo.

I also owe it all to allowing myself to stand out. That, to me, is exactly what Challenges is all about. I know the pain of the job hunt. It sucks.

For entire year I questioned everything; whether or not I pursued the right degree or if I wasn't as smart as I thought or if I had chosen to live in the wrong city; if people thought I had a weak mind and flat hair and if I had only bought the more expensive blazer maybe the interviewer would've taken me more seriously.

I felt discouraged and sad and hopeless because at the end of the day I simply didn't know how to stand out.

Beating my employment challenge meant throwing myself at a dream I had cherished for more than a decade, not knowing what would happen.

Challenges offers that same potential, without all of the uncertainty that goes with it. It gives students and recent grads the chance to show that they are thought leaders, driven, willing to try something new and put their all into a project.

It's exactly the kind of opportunity you need as you prepare to navigate the school-to-work transition.

Leap of faith

"Beating my employment challenge meant throwing myself at a dream I had cherished for more than a decade, not knowing what would happen."

Leah Ruehlicke

What is TalentEgg Challenges?

TalentEgg Challenges will give young people the opportunity to demonstrate and verify their skills — helping them prove to employers that they have what it takes to be valuable employees.

- Students and grads can tackle relevant online Challenges presented in partnership with innovative brands and employers.
- After completing a Challenge, participants receive a review of the skills and experiences gained, which can easily be added directly to their resumé and LinkedIn profile. Top performers in each Challenge will also be eligible for a range of prizes.

Visit talentegg.ca/challenges for more details.

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Augmented Reality

Are you ready to take on Metro's AR Challenge?

See that symbol? It means you can scan this image with your Metro News app to see one of the amazing things you can do with Augmented Reality

If you're a student or recent grad, you know the Get Your First Job catch 22: No one wants to take a chance on you because you have no real world experience. And unless someone gives you a job, you can't gain that experience.

That's why Metro is pumped to partner with TalentEgg in an exciting Challenge designed to give every entrant an opportunity to show what they can do.

The Challenge: Show us a compelling and innovative way Metro can use our new Augmented Reality (AR) technology to bridge the printed and digital worlds.

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Metro AR represents the first time a newspaper has developed a custom, native solution for bringing augmented reality to its product. What makes AR particularly interesting is that while it represents storytelling through the lens of mobile devices today, it is a precursor to how news and information will be distributed in the near future. That might be through wearables like Google Glass, via windshields on vehicles or perhaps another exciting iteration that has yet to come to market.

Metro's Challenge asks students to apply creative thinking to a new frontier in the publishing world. It's an opportunity for students and grads to showcase their ability to take concepts they've learned at school and bring them to bear on an exciting and evolving form of storytelling.

"The real reward lies in the feedback report that students receive as part of their participation, outlining their ranking and the competencies/skills gained through participation," says TalentEgg founder Lauren Friese about the contest."This feedback can be used for personal improvement, but more significantly, can be added to participants' resumés and LinkedIn profiles as proof and validation of their ability to translate theory learned in the classroom to real scenarios."

For more information, visit talentegg.ca/challenges and get cracking! METRO

Giving the job your all and then some

Can you over-deliver?

Four ways that you can exceed everyone's expectations at work

SIDNEYEVE MATRIX
TalentEgg.ca

High performers can be counted on to deliver value — day in, day out.

In fact, superstar talent tends to exceed expectations regularly, and that's how they get noticed by the powers that be.

The truism, "under promise, over-deliver" has merit.

Even if the "promise" part is out of your hands because your position comes with an assigned task list, it's always possible to exceed expectations. Here's how you can practise over-delivering this week to shine at work.

Innovative ideas arise when you shift mindsets and run full speed ahead in your client's shoes. ISTOCK

Think outside the box

Coming up with brand new creative ideas, or fresh combinations of existing ones, adds value to a business, project or unit.

Think more creatively by getting out of your comfort zone and gaining new perspectives.

Strike up conversations with those outside your field or market, ask questions and listen carefully to the responses.

"Fall in love with your customers' problems," not your solutions, advises Andrew King of the University of Virginia, and you'll be well-positioned to come up with saleable ideas and solutions based on existing needs.

Once you have some fresh new ideas, test them with a bit of research, then practise your pitch for team members, supervisors, or senior management.

Volunteer for extras

There are some tasks no one puts their hand up for. Be the one to get your hands dirty.

Whether you are an entrepreneur, an intern, a middle manager striving to climb a corporate ladder, or even the CEO, this one's for you.

"Do the jobs no one else wants to do," advises LinkedIn author Creel Price, "tackle tough or inglorious tasks without complaint or promise of reward" and you'll demonstrate your strong work ethic and leadership mindset.

And while you're at it, stay on alert for the pet projects that come down from the C-suite and grab ahold of those high-visibility opportunities.

Step up, own it, stand out

Differentiate yourself by delivering exceptional work products and performance, above and beyond expectations.

Too busy or slightly unmotivated?

At those times, the secret to feeling optimistic and inspired at work is adopting what Harvard Business Review author Heidi Grant Halvorson calls a "promotion focus" — a mindset concentrated on racking up the accomplishments and achievements that will get you noticed.

One easy way to find those promotional opportunities is to be on the lookout for tasks or projects you can take ownership of.

Own it, do it and establish a reputation as the problem solver, "the one your boss associates with getting things done," advises Tim Murphy.

In the process you'll increase your value to the organization and your job security.

Be on time

For self-starters and entrepreneurial types, consistent punctuality is absolutely essential for communicating to higher-ups that you are trustworthy and prepared to be productive.

- To get ahead, business coach Dan Kennedy advises you to "be where you're supposed to be when you're supposed to be there, as promised, without exception, without excuse, every time, all the time."
- Managing your schedule properly is part of managing others' expectations, and it indicates that you can be counted on for higher-stakes projects and critical, time-sensitive tasks. So be on time, and deliver on deadline.
- Or better yet, be early. Having work finished ahead of schedule always gets noticed.

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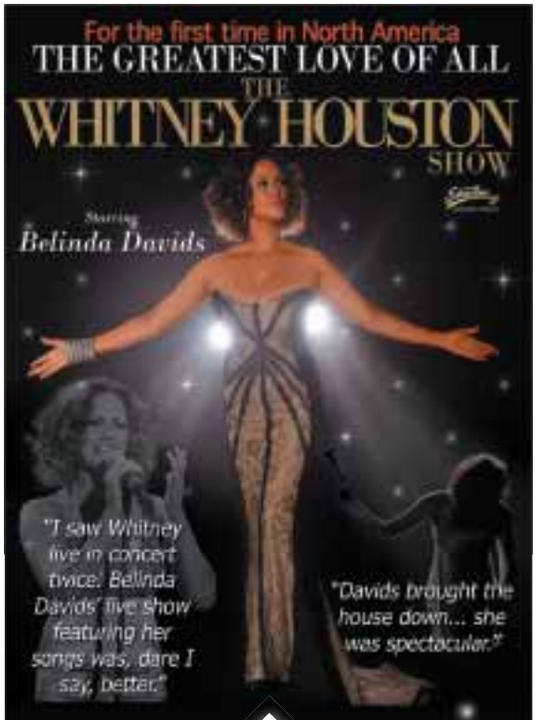
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Kick of sweet and heat for this meat

This recipe makes eight servings. FLORIDA DEPARTMENT OF CITRUS

Orange Sriracha Maple Chicken Thighs with Spring Greens. Orange juice moonlights as a tenderizer in this dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for some spice in your life at dinner time? Well, Orange Sriracha Maple Chicken Thighs with Spring Greens might help you feed that craving.

These smoky and spicy chicken thighs are addictive with their balance of heat and sweet.

Chicken thighs are tender and offer up juiciness and flavour while being easy to prepare thanks to Florida orange juice, which helps add flavour and tenderize the chicken for a deliciously moist bite every time.

The sweet hint of orange juice is paired with a spicy kick of sriracha chili sauce and local pure maple syrup, making this a truly great introduction for spring that could become a quick favourite.

1. In a large resealable bag, combine the orange juice, paprika, garlic, oregano, chili sauce and maple syrup.

2. Add chicken; seal bag and turn to massage chicken evenly. Refrigerate for at least one hour or up to overnight.

3. Place chicken on oiled, preheated grill over medium heat, turning once or twice for 10 to 15 minutes or until no longer pink inside and juices run clear.

4. Spring Green Toss: In a large bowl, toss greens with oil, vinegar, Florida orange juice, oregano, salt and pepper and serve with chicken.

Ingredients

- 3/4 cup (175 ml) orange juice
- 2 tsp (10 ml) smoked paprika
- 2 large cloves garlic, minced
- 1 tsp (5 ml) dried oregano or 1 tbsp (15 ml) chopped oregano
- 1/4 cup (60 ml) sriracha chili sauce
- 3 tbsp (45 ml) pure maple syrup
- 2 lbs (1 kg) boneless skinless chicken thighs (about 12)

Spring Green Toss

- 1 pkg (142 g) mixed spring greens
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) white wine vinegar
- 1 tbsp (15 ml) orange juice
- Pinch each dried oregano, salt, pepper

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Orange juice is a staple in many homes and most often enjoyed at breakfast. But start thinking outside the box at the dinner table and add some orange juice to a sauce or dressing for flavour and enhancement. You might just get a bit more creative each time you step into the kitchen.
- Trim any visible fat from chicken thighs before marinating.
- Sriracha has a big kick of heat, so for a milder version use only two tbsp (30 ml) of the sauce in the recipe. Look for it in the international aisle of your grocery store.

Investors Group Field

Water damage won't give soccer match the boot

A senior official with Investors Group Field said water damage in the suites and visitors' locker-room won't affect a major soccer match next month.

Andrew Konowalchuk, chair of BBB Stadium Inc., responded to media reports Tuesday that spring thaw had damaged parts of the facility.

"This has been an ongoing issue with the facility; the designer and building contractor are aware of the matter and are in the process of remediation, and identifying solutions to avoid future damage," said Konowalchuk in an advisory sent out to Winnipeg media.

"This will not impact any events scheduled at Investors Group Field, specifically the Canada vs. U.S.A. women's soccer match on May 8, 2014."

METRO

Curling

Koe eyes Olympics with new rink

Veteran skip Kevin Koe already has one world title and two national titles on his resumé.

His next mission is to qualify for the Winter Olympics and he's assembling a new team to try to make it happen.

Koe plans to leave the rink he guided to victory at the Tim Hortons Brier for a new lineup that will include Marc Kennedy at third, Ben Hebert at lead and Brent Laing at second.

THE CANADIAN PRESS

The Wild's Matt Cooke collides with the Jets' Zach Redmond and goaltender Michael Hutchinson at the MTS Centre on Monday. TREVOR HAGAN/THE CANADIAN PRESS

Jets goaltender caps swift ascent

Michael Hutchinson. 24-year-old started season in ECHL, made NHL debut Monday

When he was first approached last year by the Winnipeg Jets organization, goaltending prospect Michael Hutchinson was a little doubtful about how their offer would advance his career.

"When they came to me off the start, I really didn't feel like it was a good idea," he said the morning after his NHL debut against the Minnesota Wild Monday night, when he allowed only one goal although it proved the winner in a 1-0 loss.

He had been drafted, developed and dropped by the Boston Bruins — and getting buried deep the farm-club system of another team that already seemed to have enough goalies in the pipe didn't seem like a great bet.

But he talked it over with his family and his agent and they finally came to the conclusion there might be opportunity to move up.

"I was fortunate. Looking back it was definitely the right decision."

At 24, moving up has to be an issue for the six-foot-three native of Barrie, Ont., and the pieces have fallen into place since he was picked by the Jets.

He started the season with the Ontario Reign of the ECHL and compiled a record of 22-4-2.

Injuries gave him a chance to move up a step to the St. John's IceCaps of the AHL, where he continued to impress with a record of 15-5-1, a 2.33 goals-against average, two shutouts and a .923 save percentage.

Then, thanks to an injury to starter Ondrej Pavelec, he got the call from the Jets to warm the bench for backup Al Montoya in net. When Montoya was injured, Hutchinson got the nod.

"I didn't even think this would be possible. You start every single season, I think, you always dream you're going to get a chance play in the NHL, but when you start off in the East Coast League, it doesn't even seem realistic."

THE CANADIAN PRESS

His sneak peek

Michael Hutchinson had previously suited up for an NHL game. He was called up by Boston as a backup to Tim Thomas but never got a chance between the pipes.

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Scan this image with your Metro News app to view a gallery of memorable moments from the Mike Gillis era in Vancouver.

Canucks fans get their way

Mike Gillis was fired by the Canucks on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

NHL. Shortly after falling out of playoffs in Vancouver, GM Gillis gets canned

Less than three years after leading the Vancouver Canucks to within a game of the Stanley Cup, Mike Gillis is out of a job.

The club fired its president and general manager on Tuesday, just over 14 hours after the team was eliminated from playoff contention in a listless and embarrassing 3-0 loss to the Anaheim Ducks that had fans at a half-empty Rogers Arena chanting "Fire Gillis" in the game's dying minutes.

"The Vancouver Canucks had success under Mike's leadership, and we nearly reached our ultimate goal; but I believe we have reached a point where a change in leadership and new voice is needed," team owner Francesco Aquilini said in a statement announcing the move.

The Canucks have three games remaining on their schedule, but were given Tuesday off. Aquilini was set to meet the media on Wednesday morning before the team practises.

At the NHL general managers meeting last month in Boca Raton, Fla., Gillis pointed to injuries and head coach John Tortorella's infamous locker-room incident against the Calgary Flames as reasons for a disappointing mid-season swoon that saw the team win just four of 20 games, including eight consecutive regulation losses.

Gillis was named NHL general manager of the year for the 2010-11 season and signed a contract extension after the 2011-12 campaign, but admitted in a recent radio interview that the Canucks' fall from grace put his job security in question. THE CANADIAN PRESS

Time for a change

Apart from this season's product on the ice, Mike Gillis had also been roundly criticized for his poor draft record, questionable free-agent signings and trades, and the handling of the Roberto Luongo saga.

NHL

Leafs eliminated with loss to Bolts

Ondrej Palat had two goals, Anders Lindback came off the bench to make 25 saves, and the Tampa Bay Lightning ended Toronto's playoff hopes by beating the Maple Leafs 3-0 on Tuesday night.

Tampa Bay goalie Ben Bishop left with 14:17 left in the first due to an undisclosed upper-body injury.

James Reimer stopped 31 shots for the Maple Leafs, who have lost 10 of 12.

THE ASSOCIATED PRESS

James Reimer reacts after giving up a second-period goal against the Lightning on Tuesday night. THE ASSOCIATED PRESS

MLB

Melk Man delivers another cool splash in T.O.

Dioner Navarro had RBI doubles from each side of the plate and Melky Cabrera homered for the fourth consecutive game as the Toronto Blue Jays defeated the Houston Astros 5-2 on Tuesday night.

Jose Bautista added his fourth home run of the season as Toronto (4-4) made a winner of veteran left-handed pitcher Mark Buehrle (2-0), who went 5 1/3 innings.

THE CANADIAN PRESS

Jays outfielder Melky Cabrera hit his fourth home run in as many games on Tuesday night. GETTY IMAGES

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2014 BMW 2-series Coupé

- **Type.** Two-door, rear-wheel drive four-passenger coupe
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (241); 3.0-litre DOHC I6, turbocharged (320)
- **Transmissions.** 8-speed automatic; 6-speed manual (opt.)
- **Base price (incl. destination).** $38,100

Design

Although similar to the outgoing 1-series coupe, the 2-series is actually more than five centimetres longer, 2.5 centimetres wider and it has a bit more space between the front and rear wheels. Thankfully, the dimensional enlargements are minimal, but the revised shape of the 2-series, especially a more elongated nose, sloping roofline and rear deck, result in a more attractive shape. For diehard BMW spotters, the larger grille and lower air intakes are the most noticeable ways to tell if the basic Bimmer you're checking out is a 2 or a 1.

Fuel consumption

If fuel consumption is a consideration, the 228i is rated at 8.7 l/100 km in the city and 5.4 on the highway (improved from 10.8/7.0 for the 128i). The M235i's numbers are 10.0 city and 6.4 highway. Note that both models require premium fuel.

Basic features

Just because the 228i is the base 2-series doesn't mean it's stripped-down. Base equipment includes climate control, auto stop/start function, multi-adjustable (non-power) front seats, rain-sensing windshield wipers and a premium audio system.

2015 BMW 2-series Coupé

PHOTOS: WHEELBASEMEDIA.COM

Review. BMW goes back to its roots to refine and redefine the concept of a pure sporting machine

MALCOLM GUNN
wheelbasemedia.com

BMW knows exactly how to position the new 2-series Coupé.

A photo on the automaker's website shows the car running neck and neck with the iconic 2002 coupe that was produced from 1968-'76. It's a comparison worth pondering as the 2002 was a benchmark sporty car, a pure one at that, for the company. An even more interesting comparison is with the new 2014 4-series Coupé. Both models offer the same powertrains, but the 2-series base price is $8,900 cheaper, at $38,100. The smaller 2-series is also about 90 kilograms lighter, which should make it quicker off the line and more nimble.

The 4-series does offer more cabin space than the 2-series and the 4 can be had with BMW's xDrive all-wheel drive system that's ideal for anyone making frequent excursions to the ski slopes.

Still, driving enthusiasts on a budget or who those prefer a more minimalist approach to tackling twisty back roads are likely to find the 2-series fits their needs like a well-worn pair of driving gloves.

The dashboards, control panels, floor consoles and dash-mounted display screens in both old and new appear quite similar. To the 2-series, however, BMW did add a bit more trim and enlarged the iDrive controller knob (that adjusts the climate, audio and communications systems) for easier use.

For stashing your gear, the trunk is slightly larger than that of the 1-series and the back seat can be split-folded for extra space.

Under the hood of the base 228i is a turbocharged 2.0-litre four-cylinder that makes 241 horsepower and 258 pound-feet of torque. It's the same engine that powers several other BMW models, including the base 4-series Coupé. The base engine in the 1-series was a non-turbo 230-horsepower four-cylinder.

Step up to the M235i Coupe and your right foot controls a turbocharged 3.0-litre six-cylinder engine with 320 horsepower and 330 pound-feet of torque.

Ultimately, what's neat about the 2-series is that it's the least expensive way to obtain a BMW, yet you're guaranteed to get the same kick for your money as with many of the company's pricier products. Talk about driving a bargain.

Compare

1 Audi TT Coupé
Base price: $51,500
Solidly built, with a choice of two turbo engines. AWD comes standard.

2 Mercedes-Benz CLA
Base price: $36,400
Entry-level coupe-like sedan is new for 2014. AMG version is quick.

3 Honda Accord Coupe
Base price: $28,200. Cool two-door is affordable, even with optional 278-hp V6.

DRIVE

Fraudsters may cut in front of drivers and slam on the brakes to cause a rear-end crash. COURTESY INSURANCE BUREAU OF CANADA

Suspect a staged crash? Maybe it was all a fraud

Insurance fraud.

Crash scams usually orchestrated by organized crime where everyone involved gets a kickback

JIL MCINTOSH
Drive@metronews.ca

You're waiting to make a left-hand turn, but a driver stops and waves you through. As you turn in front of him, he rams into you — and later tells the police he did no such thing.

It's a classic scenario for auto insurance fraud, a crime that rakes in billions of dollars each year from insurance companies and innocent victims across the country.

It's primarily perpetrated by organized crime, according to Rick Dubin, vice-president of investigative services for the Insurance Bureau of Canada. "They intentionally set up a collision and load up the vehicle with individuals so that when it's done, they haven't suffered any injury, but they all end up going to medical clinics claiming they're injured in order to receive benefits," he says.

Along with waving cars through on a turn, these criminals may also motion drivers to pull out of their spots in parking lots and then hit them, or cut in front of drivers and slam on the brakes to cause a rear-end crash. These collisions then look like they were the victim's fault.

Clues that you're a target include drivers who want to call emergency vehicles, especially an ambulance, for a minor crash; passengers who complain of neck or back injuries when paramedics show up; drivers with older cars whose insurance was recently issued; "witnesses" who suddenly show up in remote areas; and tow truck drivers who respond almost immediately and offer to take your car to a specific body shop.

That shop may then damage your car even more to increase the bill, or charge your insurance company for work it didn't do, Dubin says. Meanwhile, the passengers will visit doctors who are in on the scam, and recommend unnecessary treatments for which your insurance company will pay. "We have identified well over 300 clinics throughout the Greater Toronto Area that we suspect insurance fraud is taking place," Dubin says.

Meanwhile, the organized crime ring gets a kickback from everyone involved, including the tow truck, body shop, and clinics.

If you suspect a collision is staged, Dubin says to call the police to the scene even if the crash is minor. Call your insurance company as soon as possible and alert them.

They can recommend trusted body shops to repair your vehicle. If you suspect insurance fraud at any time, you can call anonymously to 1-877-IBC-TIPS or your local Crime Stoppers.

Scammers

"They intentionally set up a collision and load up the vehicle with individuals so that when it's done, they haven't suffered any injury, but they all end up going to medical clinics claiming they're injured in order to receive benefits."

Rick Dubin, vice-president of Investigative Services for the Insurance Bureau of Canada

Facts and tips

It's estimated that auto insurance fraud is as much as $1.6 billion per year in Ontario alone.

- The Greater Toronto Area has the highest number of staged collisions in Canada.
- Don't admit guilt or sign anything for the other driver if you're involved in any collision.

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Horoscopes

♈ Aries
March 21 - April 20
If you want a straight answer to a simple question, you may be disappointed. Others are so evasive today. Maybe they have something to hide but more likely their thoughts are simply all over the place.

♉ Taurus
April 21 - May 21
Make sure you keep track of where your money is coming from and, just as importantly, where it is going to, over the next few days. Someone may conveniently "forget" what they owe you.

♊ Gemini
May 22 - June 21
Some people may be loud in their opposition to what you intend to do but don't let it worry or stop you. They will come round when they see how well you are doing.

♋ Cancer
June 22 - July 23
Don't push yourself beyond your natural limits today. You may want to look good, but how good will it look if you collapse before the finishing line? Pace yourself.

♌ Leo
July 24 - Aug. 23
Others may have doubts about what you are doing but you have no doubts at all and will push ahead regardless. The Sun in Aries endows you with loads of energy and almost limitless self-belief.

♍ Virgo
Aug. 24 - Sept. 23
If someone is critical of your work today, don't let it get to you. Either they don't know what they are talking about or they are trying to make a small flaw or failing look much bigger than it actually is.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, try not to take it too seriously. Others may think it's the end of the world, but you know it's nowhere near as dramatic as that. It's life, that's all.

♏ Scorpio
Oct. 24 - Nov. 22
Focus on what seems right to you and ignore what the so-called "experts" tell you. Ultimately there is no such thing as facts. There are only various shades of opinion Yours deserve to be heard.

♐ Sagittarius
Nov. 23 - Dec. 21
The more certain people say you have taken on too much, the more determined you will be to prove them wrong. Sagittarius is a sign that likes to do things in a big way.

♑ Capricorn
Dec. 22 - Jan. 20
Steer clear of negative thoughts because once they have got their hooks in you, it will take a lot of work to break free. Everything will work out for the best in the end.

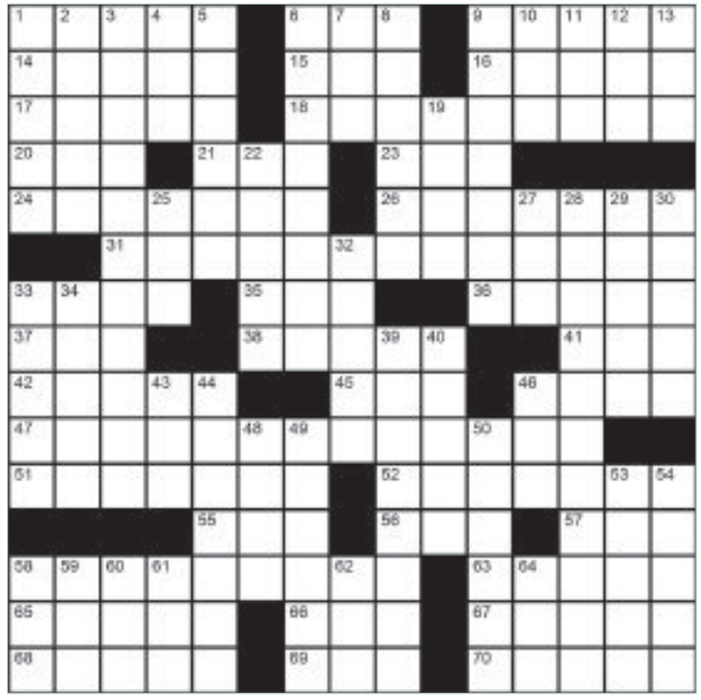
♒ Aquarius
Jan. 21 - Feb. 19
If you want a creative endeavor to be a success, you are going to need help and this is a good time to ask. Others want to be on your team because they know it's the one most likely to win.

♓ Pisces
Feb. 20 - March 20
If someone changes their plans at the last moment today, don't let it show that you're not happy. Breath deeply, count to 20, then give them a big smile and say "no problem". And never trust them again. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



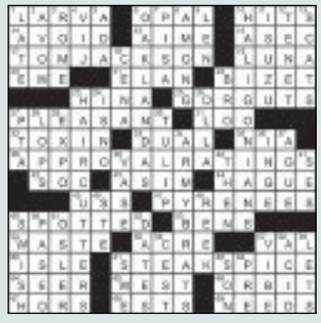
Across

1. Packed into boxes
6. Goat's bleat
9. Art object
14. Quick
15. Alphabetic trio
16. Best
17. Grief [var. sp.]
18. In a not-one-side-over-the-other way
20. Earlier, olde-style
21. Shopping estab.
23. Sinn Fein was its political arm, for short
24. "Soul Sacrifice" band
26. Ontario town; or, Ms. Lohan
31. Orca-viewing village on Vancouver Island that's about four-and-a-half hours north of Nanaimo: 2 wds.
33. Scoop
35. Him, in Hull
36. Ghana's capital
37. Masses, with Polloi
38. Resulted in, __ __ to
41. '_' __ for Iberville
42. Mr. Guthrie's
45. __ whim: 2 wds.
46. Freeze
47. Trendy (and bloody) new skincare procedure in a cosmetic surgery clinic: 2 wds.
51. Heart
52. Feminine and masculine
55. Long-snouted fish
56. Clairvoyance, e.g.
57. Sight: French
58. Exactness
63. "_ __ my case." (There's nothing more to add)
65. Plains prey
66. Keyboard key
67. Today: April __, Two Thousand and Fourteen
68. BC - Haida Gwaii: UNESCO World Heritage Site, __ Gwaay
69. Mr. Orbison
70. Ms. Perry's

Down

1. Pl. suffix with 'Motor'
2. Ancient shopping locale
3. Fare for Canada's Mary Pickford (b.1892 - d.1979): 2 wds.
4. Brit band
5. Of the skin
6. Romeo's family, House of __
7. Copy
8. 'Eagle' constellation where Altair shines
9. Flesh-chomping fish
10. __ Red (Apple)
11. Snake-like splasher
12. Dietary number, for short
13. Cathedral city
19. Journey
22. Sad-sounding ring
25. Mr. Fabi of car racing
27. Ancient Rome's 700
28. Party or wedding, for example: 2 wds.
29. Ms. Lavigne
30. Loaf leavener
32. Get __ __ (Throw away)
33. "_ __ something to say..."
34. Ms. Ephron's
39. Montreal-based ICAO, for one: 2 wds.
40. Strides
43. Unclose, archaically
44. Celine Dion's skill
46. Fooled
48. Some TVs
49. More spooky
50. "Pretty __ __" (1986) starring Molly Ringwald
53. Oxidized
54. Mr. Rogen's
58. "Downton Abbey" network
59. 18-wheeler
60. That, in Tijuana
61. Defraud
62. Bear: Spanish
64. Narrow inlet

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	8	4	
3		7	1			6		
				9				
4							9	2
5	8		3		2		7	6
6	1							4
				6				
		6			3	2		7
	5	8	9					

Yesterday's Sudoku

5	4	6	2	8	9	3	7	1
9	1	3	4	5	7	6	8	2
8	7	2	3	1	6	4	9	5
6	3	5	1	9	2	8	4	7
4	9	1	7	6	8	5	2	3
2	8	7	5	3	4	9	1	6
3	2	8	6	4	1	7	5	9
7	5	4	9	2	3	1	6	8
1	6	9	8	7	5	2	3	4

Weather

TODAY	THURSDAY	FRIDAY
MAX: 14° MIN: 0°	MAX: 7° MIN: -6°	MAX: 10° MIN: 1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

“I’m just not into you anymore.”
RECYCLING REMINDER
#3
Recycling happens in more places than your kitchen. Don’t forget about your bathroom and laundry room too.
Make the break.
SimplyRecycle.ca
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING